

Family Dentistry of Seneca

Joshua Murphy, DMD
11012 N. Radio Station Rd.
Seneca, SC 29678
(864) 882-0880

During the first 24 hours after your tooth was extracted:

It is important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 minutes after your tooth was removed. If bleeding continues after you remove the gauze pad, place another folded gauze pad on the area and bite firmly for another 30 minutes.

For the next 3 days, it is important that you do not:

- Smoke
- Suck through a straw
- Spit or rinse your mouth vigorously
- Drink alcoholic or carbonated beverages
- Put anything into the wound

You may have some swelling. You can use an ice bag (20 minutes on, 10 minutes off) to keep the swelling to a minimum. Any swelling should start to go down after 48 hours.

Take pain medication as recommended. It's best to take it with food. If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms of infection are gone.

Small bone fragments occasionally work up through the gums during healing. These are not roots. If annoying, return to the office for their simple removal.

You should:

- Drink plenty of water
- Limit yourself to calm activities
- Begin eating normally as soon as it's comfortable

Tomorrow:

Gently rinse your mouth with warm salt water after eating (put a teaspoon of salt in a coffee cup of warm water and then gently rinse, swish, and **gently** spit). This helps keep food out of the extraction site. It's very important to resume your normal dental routine. This should include brushing your teeth and tongue and flossing.

When to Call the office:

If you have heavy bleeding, severe pain, continued swelling after two or three days, or a reaction to the medication, call our office at (864) 882-0880. If you have a problem that cannot wait for normal business hours, you may call Dr. Murphy on his cell phone: (864) 973-7525.